

Challenge Your "Just Get COVID" Thinking



COVID may not be mild for the vulnerable or children.

- Remember that the severity of an illness can vary for many.
- Keep in mind that equitable access to care is not available for all.

Be considerate of others.

- Reflect upon how your choices may not only affect you but also others.
- While catching COVID may seem like the right choice for you, others may not share your view.

Learn about COVID long-term effects.

- Take time to learn about the impacts of COVID on your body and mind from credible sources.
- Consider how the lasting health impacts of COVID remain unknown.

Manage the pervasive uncertainty.

- Rather than worrying about the future, focus on staying healthy in the present.
- Focus on what you can control, rather than what is out of your control.